

Cooking challenge 5 – Vegetarian Salade Nicoise.

1. Before you start cooking for this week's challenge, please read the safety and hygiene rules below.
2. Read the recipe on page 2 to page 6.
3. Please take an action photo of you cooking and one of the final product. Keep your photos safe so I can reward you in September for all your hard work.
4. Happy cooking.

Home Cooking Health and safety

Before you cook:

- Get **permission**
- Tie up **hair**
- Put on an **apron**
- Wash **hands** thoroughly with soap and water.
- Wipe down **surfaces** with a damp cloth and anti-bacterial spray
- Organise your **equipment and ingredients**



BE SAFE
Use oven
gloves.
Not a tea
towel.

BE SAFE
Wash sharp
knives carefully.
Do not leave
them in the
washing up
water.



While cooking

- Use **bridge/ claw holds** while using a knife
- Use **correct hob and oven** temperatures.
- Don't wander off.
- Keep your **work space tidy**, put rubbish in the bin.
- Turn hobs and cookers **off after use**.
- Wear **oven gloves** for putting trays INTO and OUT OF the oven.
- Report any cuts, burns and accidents to adults.

While clearing up

- Do not leave for someone else to do.
- Turn all **hobs and oven** off after use.
- Put **rubbish** in the bin
- Stack up dirty dishes and wash in **hot soapy water** (or the dishwasher). Put everything away clean and dry.
- Clean the sink and check the **plug hole** for bits of food waste.
- Wipe down **surfaces** with a damp cloth and anti-bacterial spray.
- Leave food to cool for maximum 90 minutes before refrigerating.

+ First Aid

Minor burns

- cool the burn with cool or lukewarm running water for 20 minutes
- do not use ice or iced water.

Minor cuts

- clean the wound under running tap water
- avoid using antiseptic as it may damage the skin and slow healing
- pat the area dry with a clean towel
- apply a sterile adhesive dressing, such as a plaster

Vegetarian Salade Nicoise.

1 or 2 eggs
200g new potatoes
100g fine green beans
10 cherry tomatoes
¼ lettuce
6 black olives, optional

Dressing

2 tbsps vegetable or olive oil
Juice 1 lemon
1 tspn balsamic vinegar
1 garlic clove
Handful of basil leaves
3 black olives (optional)

Method

1. **An adult must be with you in the kitchen.** Hair tied back, if relevant. Wash hands, apron on.
2. Wipe down your surfaces with a dishcloth.
3. Add cold water to the maximum line of your kettle and boil. Do not put your hand in the steam.
4. Carefully pour the hot water into a small pan so the pan is half full of water.



5. Put the pan on a small ring on your hob, put the lid on and bring to the boil. Boiling means you must see big bubbles on the surface.
6. Once the water is boiling, put the egg on a large spoon with holes in it (called a slotted spoon or a straining spoon). Carefully lower the egg into the boiling water. Sorry the photo is not clear due to all the steam. Put the lid on the pan and lower the heat to a middle number or flame. Time for 7 minutes if the egg is a large one and 6 mins if using a medium sized egg. Timing is crucial, please use a timer.



7. When your timer rings, remove the egg from the water by using the slotted or straining spoon.



8. Place the egg in a colander and place in your sink. Turn the cold tap on and let the cold water run over the egg for 3 mins.



9. Cut the ends off the garlic, remove the outside layer of the garlic (it feels like paper) and carefully grate the garlic by using one of the small holes on your grater.



10. Wash the basil leaves and chop. With fresh herbs you can cut by keeping your hand on top of the blade and moving the end which is nearest to the handle, see below.



11. Rinse the olives for the dressing, dry and chop finely by using the bridge technique. See cooking challenge 1 for details on this technique.



12. Mix the dressing ingredients together in a jug with 1 tspn water. Squeeze the lemon in your hand so the pips are trapped and can be put in the bin.



13. Cut the lettuce. Wash the lettuce and tomatoes by placing in a colander and washing under the cold tap. Dry the salad ingredients with paper towel or a tea towel.

14. Slice the tomatoes in half using the bridge cutting technique. Add the tomatoes to a large bowl or plate.



15. Wash the potatoes and thickly slice, approx 3mm in thickness. Use bridge cutting technique.



16. Wash the beans and cut off the ends of the beans.



17. Put the potatoes in a saucepan with approx 4 cm of cold water, put the lid on. Boil for 7 mins, add the beans and boil for 5 mins until both are tender. Use a sharp knife to check. Pour the vegetables into a colander over the sink to drain.



18. Tap the egg and remove the shell with a spoon. Slice the egg into 3mm width ovals.



19. Arrange the lettuce on the bottom of the bowl or plate. Add tomatoes, potatoes, olives, green beans and eggs on top. Drizzle over the dressing. Enjoy.

